MIAMI HIGH SCHOOL 2000 E. Central Miami, OK 74354 918-542-4421(phone) 918-542-7421(fax)

Dear Coach,

On behalf of the Miami Public School system, we extend to you and your school system, a sincere invitation to participate in our track & field meets. We will be hosting 2 high school meets and $1 7^{\text{th}}/8^{\text{th}}$ meet.

We will be giving medals to the top 4 placers in each event. We will keep team points, but <u>will not</u> give out team plaques.

Our track is an 8-lane, high performance, surface located on the northeast side of the high school. *Please use 1/4" spikes or less.* We will use an electronic timing system.

Our athletic department has selected the following dates for our meets.

Sincerely,

Rick Simpson Head H.S. Boys <u>rsimpson@miamips.net</u> 918-541-7595 Matt LeFay Head H.S. Girls mlefay@miamips.net 918-533-1282 Chad Davis Athletic Director cdavis@miamips.net 918-533-2168

<u>TUESDAY, April 5th 2022 Varsity (4A/5A)</u> TWO DIVISIONS – <u>Boys & Girls</u>

Coaches meeting: 9:30 a.m. Meet starts: 10:00 a.m. \$90 per HS/per division\$18 per individual (5 or less)

<u>THURSDAY, April 7th 2022 Varsity (3A and under)</u> TWO DIVISIONS – <u>Boys & Girls</u>

Coaches meeting: 9:30 a.m. Meet starts: 10:00 a.m. \$90 per HS/per division\$18 per individual (5 or less)

MONDAY, April 11th 2022 7th & 8th (5A and under) FOUR DIVISIONS – 7TH BOYS & GIRLS, 8TH BOYS & GIRLS

Coaches meeting: 9:30 a.m. Meet starts: 10:00 a.m. \$70 per JH/per division \$14 per individual (5 or less)

HS ORDER OF EVENTS

<u>Field Events – 10:00 a.m.</u>

High Jump: Girls, Boys Long Jump: Boys, Girls Discus: Girls, Boys Shot Put: Boys, Girls Pole Vault: Boys, Girls

<u>Timed Finals Meet – 10:15 a.m.</u>

400 Meter Relay 3200 Meter Relay 100 Meter Hurdles – 33" (girls) 110 Meter Hurdles – 39" (boys) 3200 Meter Run – (boys) 800 Meter Relay 800 Meter Run 100 Meter Dash

BREAK

3200 Meter Run – (girls) 400 Meter Dash 300 Meter Hurdles – 30" (girls) 300 Meter Hurdles – 36" (boys) 200 Meter Dash 1600 Meter Run 1600 Meter Relay

7/8 ORDER OF EVENTS

FIELD EVENTS – 10:00 a.m.

HIGH JUMP:	7G-8G-7B-8B
LONG JUMP:	8G-7B-8B-7G
DISCUS:	7B-8B-7G-8G
SHOT PUT:	7G-8G-7B-8B
POLE VAULT:	8B-7B-8G-7G

TIMED FINALS MEET – 10:15 a.m.

400 Meter Relay 3200 Meter Relay (***may be combined***) 100 Meter Hurdles (Girls) 110 Meter Hurdles (Boys) 800 Meter Relay 800 Run 100 Meter Dash 400 Meter Dash 300 Meter Hurdles 200 Meter Dash 1600 Meter Run 1600 Meter Relay